



● Trekking at a Glance

DURATION

18 Days

MAX ALTITUDE

6,100m

BEST TIME

Mar-May & Sept-Nov

ACCOMMODATION

Hotel, Lodge & Tent

THE OVERVIEW

Island Peak Climbing is one of the most popular and rewarding peak climbing adventures in Nepal, located in the heart of the Everest region. Rising to 6,100 meters, Island Peak (also known as Imja Tse) offers climbers breathtaking panoramic views of some of the world's highest mountains, including Mount Everest, Lhotse, Makalu, and Ama Dablam. The peak's dramatic location and stunning scenery make it a favorite choice for climbers seeking their first Himalayan summit. The journey to Island Peak combines classic Everest trekking routes with a genuine mountaineering experience. Trekkers pass through famous Sherpa villages, ancient monasteries, and high-altitude valleys...

01

Arrival in Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu, where our team will welcome you and transfer you to your hotel. The rest of the day is free to rest or explore nearby areas while preparing for the expedition.

ALT: 1,400m

02

Climbing Equipment Check

Meet your climbing guide for a full equipment check and expedition briefing. Any missing or unsuitable climbing gear can be arranged in Kathmandu.

ALT: 1,400m MEAL: Breakfast

03

Fly to Lukla and Trek to Phakding

Take an early morning scenic flight to Lukla and begin trekking through Sherpa villages and forested trails. The walk to Phakding is short and helps you adjust to the trekking pace.

ALT: 2,600m HIKE: 3–4 hours MEAL: B, L, D

04

Trek to Namche Bazaar

Follow the Dudh Koshi River, crossing suspension bridges and ascending gradually to Namche Bazaar. Enjoy your first views of Everest and surrounding Himalayan peaks.

ALT: 3,400m HIKE: 5–6 hours MEAL: B, L, D

05

Acclimatization Day at Namche

Spend the day acclimatizing with a hike to Everest View Hotel, Khumjung, and Kunde villages. This helps your body adapt to altitude while enjoying spectacular mountain scenery.

ALT: 3,400m HIKE: 3–4 hours MEAL: B, L, D

06

Trek to Tengboche

Trek through rhododendron forests and along scenic ridges before reaching Tengboche. Visit the famous Tengboche Monastery, the spiritual center of the Everest region.

ALT: 3,860m HIKE: 5–6 hours MEAL: B, L, D

07

Trek to Dingboche

Continue trekking through alpine landscapes along the Imja Valley. The terrain becomes more open as you approach Dingboche, surrounded by towering peaks.

ALT: 4,410m HIKE: 5–6 hours MEAL: B, L, D

08

Trek to Chhukung

A shorter trek takes you deeper into the valley toward Chhukung. Enjoy impressive views of Lhotse and Ama Dablam along the way.

ALT: 4,730m HIKE: 3–4 hours MEAL: B, L, D

09

Acclimatization Hike

Hike to Chhukung Ri to further acclimatize and enjoy panoramic Himalayan views. Return to Chhukung for rest and preparation for higher altitude.

ALT: 4,730m HIKE: 3–4 hours MEAL: B, L, D

10

Trek to Island Peak Base Camp

Trek across glacial moraines and rugged terrain toward Island Peak Base Camp. The surroundings become more remote and expedition-like.

ALT: 5,080m HIKE: 4–5 hours MEAL: B, L, D

11

Acclimatization and Training Day

Spend the day resting and practicing essential climbing techniques. Your guide will train you in the use of crampons, ice axe, ropes, and safety procedures.

ALT: 5,080m HIKE: 2–3 hours MEAL: B, L, D

12

Summit Island Peak

Begin the summit push early in the morning. Climb snow slopes and fixed ropes to reach the summit of Island Peak before descending safely back to base camp.

ALT: 6,100m HIKE: 7–8 hours MEAL: B, L, D

13

Trek to Pangboche

Descend from base camp to Pangboche through alpine trails. The lower altitude brings warmer air and a more relaxed pace.

ALT: 3,930m HIKE: 5–6 hours MEAL: B, L, D

14

Trek to Namche Bazaar

Retrace your steps back to Namche Bazaar, enjoying familiar landscapes and reflecting on the successful summit.

ALT: 3,400m HIKE: 6–7 hours MEAL: B, L, D

15

Trek to Lukla

Final trekking day back to Lukla. Celebrate the completion of the Island Peak expedition with your team.

ALT: 2,850m HIKE: 6–7 hours MEAL: B, L, D

16

Fly to Ramechhap and Drive to Kathmandu

Fly from Lukla to Ramechhap and continue by road to Kathmandu. Transfer to your hotel and relax after the expedition.

ALT: 1,400m MEAL: Breakfast

17

Departure

Transfer to the international airport for your onward journey. End of the Island Peak Climbing adventure.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- Accommodation three standard hotel in Kathmandu on a twin-sharing basis
- Experienced local guide and supporting staff
- All meals during the trek (Breakfast, Lunch, Dinner, tea/coffee per day)
- Necessary climbing equipment for Island Peak
- Porter service (1 porter for 2 trekkers)
- Island Peak climbing permit
- Everest National Park entry permit
- First aid kit during the trek
- All government and local taxes
- Airport and hotel pickup & drop by private vehicle
- Farewell group dinner in Kathmandu
- Porter insurance fee
- Climbing Sherpa insurance fee
- Camping equipment including tents during the climb

- What's Not Included

- International airfare
- Nepal visa fee
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, etc.)
- Battery charging, hot showers, and extra services
- Lunch and dinner in Kathmandu
- Tips for guide, porter, and driver
- Personal climbing equipment

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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